

Hello Everyone!

Welcome to Proclaim Ministries of Tampa Bay's food program called **A Can, Can Make a Difference** (CCMAD for short). Every month we will be offering the CCMAD Essentials Box for \$35.00, a Fresh Veggie Box for \$22.00, a Fresh Fruit Box for \$16.00 & a Meat Box for \$28.00. We are working with local vendors and distributors in order to bring you fresh high quality products in every box.

You will need to order and pay for your box **in advance**. **The payment forms we currently accept are: Cash, Money Order and Debit/Credit Cards (Debit/Credit Cards must be in person ordering and shown with a valid ID. Also, there is a small fee for using a debit/credit card for orders). No Checks Are Accepted.** When you pick up your order you will receive a flyer with the next Ordering Day/Time, Distribution Day/Time and the following month's Sample Menu.

In-Person Ordering will take place at Rock Church of Tampa Bay located at 3970 Tampa Road Suite J in Oldsmar, FL 34677 during scheduled ordering days and times. If you are unable to come during the scheduled ordering days and times, please place client information, order information and funds in the lock box outside of the church door. (Please make sure it goes all the way down. – Lock Box is checked several times daily.) **No orders will be accepted after the last day stated on the Menu/Website.** Distribution Day is usually on the 4th Saturday of each month unless there is a holiday. Please see ordering days and times on the Menu/Website for any changes. Pick Up Times on Distribution Day are between the hour of 9:30 a.m. and 10:30 a.m. **ONLY**.

If you have any questions please feel free to ask via email or phone. Our email address for the CCMAD Essential Box Program is ccmad.proclaimministries@gmail.com. The contact number is 727-657-4876 and as always, please leave a message if someone does not answer and we will return your call as soon as possible.

The CCMAD Essentials Box for \$35.00 will assist in feeding a family of four for approximately 6/7 days and may include items such as the following: **Please Note:** The menu is a **Sample Menu** and the actual box you receive on Distribution Day may not contain exact items listed.

- **Sample Menu** for the CCMAD Essentials Box:
 - 1 lb - Hamburger Meat
 - 1 - Whole Chicken
 - 1 - Turkey Roast **OR** Pork Chops
 - 1 - Quick Meal Item (Ex. - Family Size Voila)
 - 2 - 14 oz Bags of Meatballs
 - 4 - Side Dishes
 - 1 - Hamburger Helper
 - 1 - Scalloped Potatoes
 - 1 - Mashed Potatoes
 - 2 - Boxes of Macaroni N Cheese
 - 4 - Frozen or Canned Vegetables (If Cans - 2 Cans PER Meal)
 - 2 - Cans of Green Beans
 - 2 - Cans of Corn
 - 1 - Bag of Broccoli (frozen)
 - 1 - Bag of Carrots (frozen)
 - 1 - Box of Pasta Noodles
 - 1 - Can/Jar of Pasta Sauce
 - 2 - Breakfast Items
 - Cereal
 - Cereal **OR** Other Breakfast Item

The CCMAD **Fresh Fruit Box** for \$16.00 will consist of various fresh fruits items that are currently in season and may include items such as the following:

Please Note: The menu is a **Sample Menu** and the actual box you receive on Distribution Day may not contain exact items listed.

- **Sample Menu** for the CCMAD Fresh Fruit Box:
 - 1 pkg. - Strawberries
 - 1 - Watermelon
 - 1 - Avocado
 - 1 - Bunch of 4/5 - Bananas
 - 2 lbs - Grapes
 - 2 - Limes/Lemons
 - 2 - Pears
 - 2 - Tangerines
 - 2 - Navel Oranges
 - 2 - Apples
 - 2 - Plums

The CCMAD **Fresh Veggie Box** for \$22.00 will consist of various fresh vegetable items that are currently in season and may include items such as the following:

Please Note: The menu is a **Sample Menu** and the actual box you receive on Distribution Day may not contain exact items listed.

- **Sample Menu** for the CCMAD Fresh Veggie Box:
 - 1 Bunch of Greens - Kale **or** Collards **or** Mustard **or** Turnip **or** Swiss Chard
 - 1 - Head of Cabbage
 - 1 - Head of Broccoli
 - 1 - Head of Lettuce
 - 1 Bunch - Celery
 - 1 pkg. - Mushrooms
 - 1 lb. - Green Beans
 - 2 - Cucumbers
 - 2 - Onions
 - 2 - Green Peppers
 - 2 - Tomatoes
 - 4 - Zucchini or Squash
 - 4/6 - Potatoes

The CCMAD **Meat Box** for \$28.00 will consist of various meat items that may include items such as the following:

Please Note: The menu is a Sample Menu and the actual box you receive on Distribution Day may not contain exact items listed.

- **Sample Menu** for the CCMAD Meat Box:
 - 1 lb. - Hamburger Meat
 - 1 - Whole Chicken
 - 1 - 40 oz. pkg of Smoked Sausage
 - 1 - Turkey Roast **OR** Pork Chops
 - 1 - Quick Meal (Ex. - Family Size Voila)
 - 2 - 14 oz. Bags of Meatballs

PLEASE NOTE - Pick Up time will be from 9:30 - 10:30 a.m. only. If for any reason, you are unable to pick up your food during the pickup date and time stated, your order will be donated to families in need.

In God's Love,
Melissa Hartman
Minister of Helps
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